



Under the direction of
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Performance Power

The

Nutrition Connection

POWER PERFORMANCE

THE NUTRITION CONNECTION





















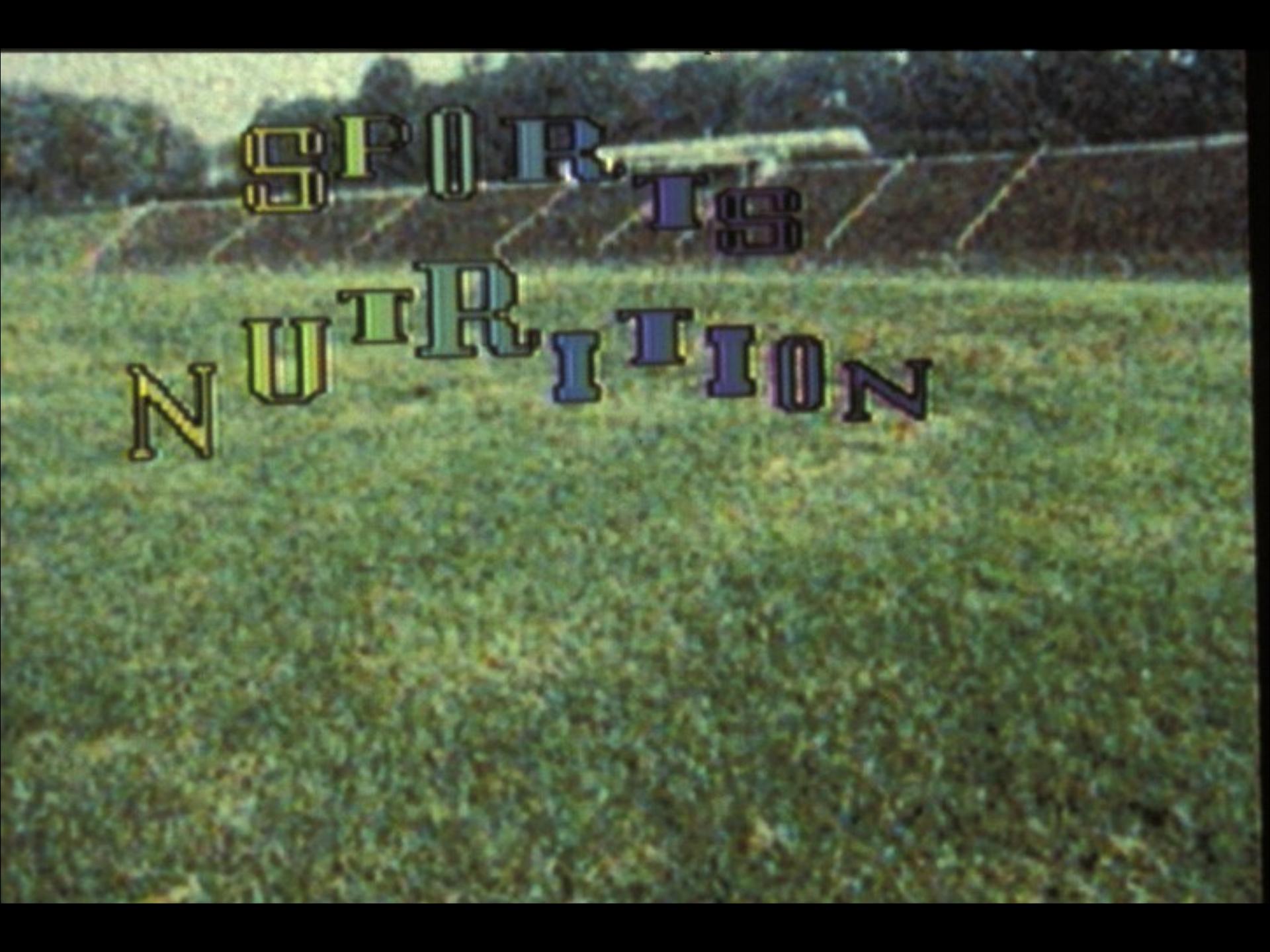












A photograph of a green grassy field with a line of trees in the background under a clear sky.

SPOR**T**S
NUTRITION





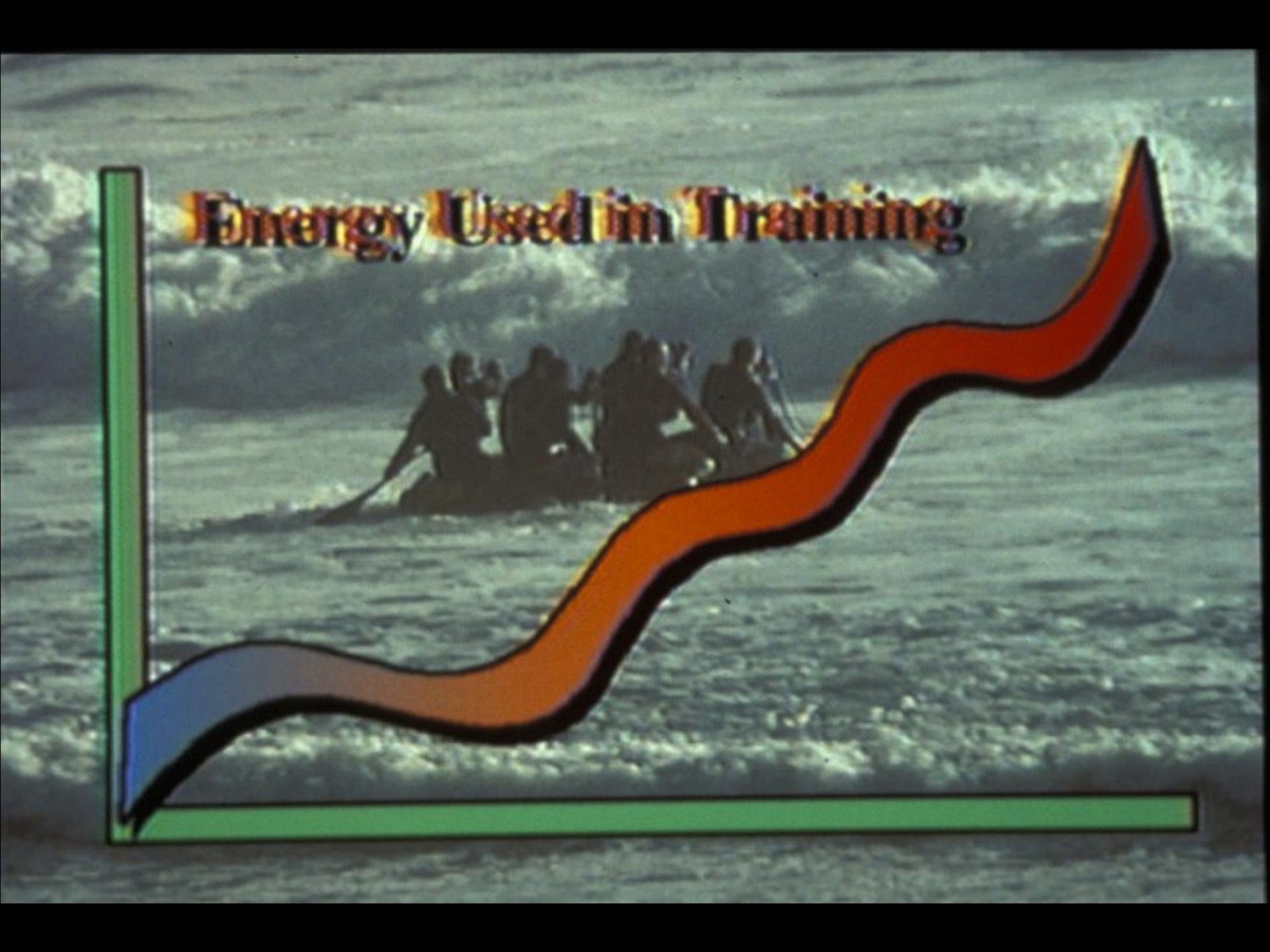






A medium shot of a man with dark hair and a mustache, wearing a light-colored flight suit over a dark shirt. He is seated at a dark wooden desk, looking down intently at a white sheet of paper he is holding. On the desk in front of him is a small, rectangular electronic device with a screen and several buttons. In the background, there is a window with a grid pattern and a wooden wall. A green horizontal bar is positioned at the bottom of the frame.

Energy Used at Rest



A 3D bar chart is overlaid on a photograph of a group of people in a small boat on choppy water under a cloudy sky. The chart features a green vertical axis on the left and a horizontal green base at the bottom. A blue bar is at the bottom, followed by a larger orange bar that curves upwards and to the right.

Energy Used in Training

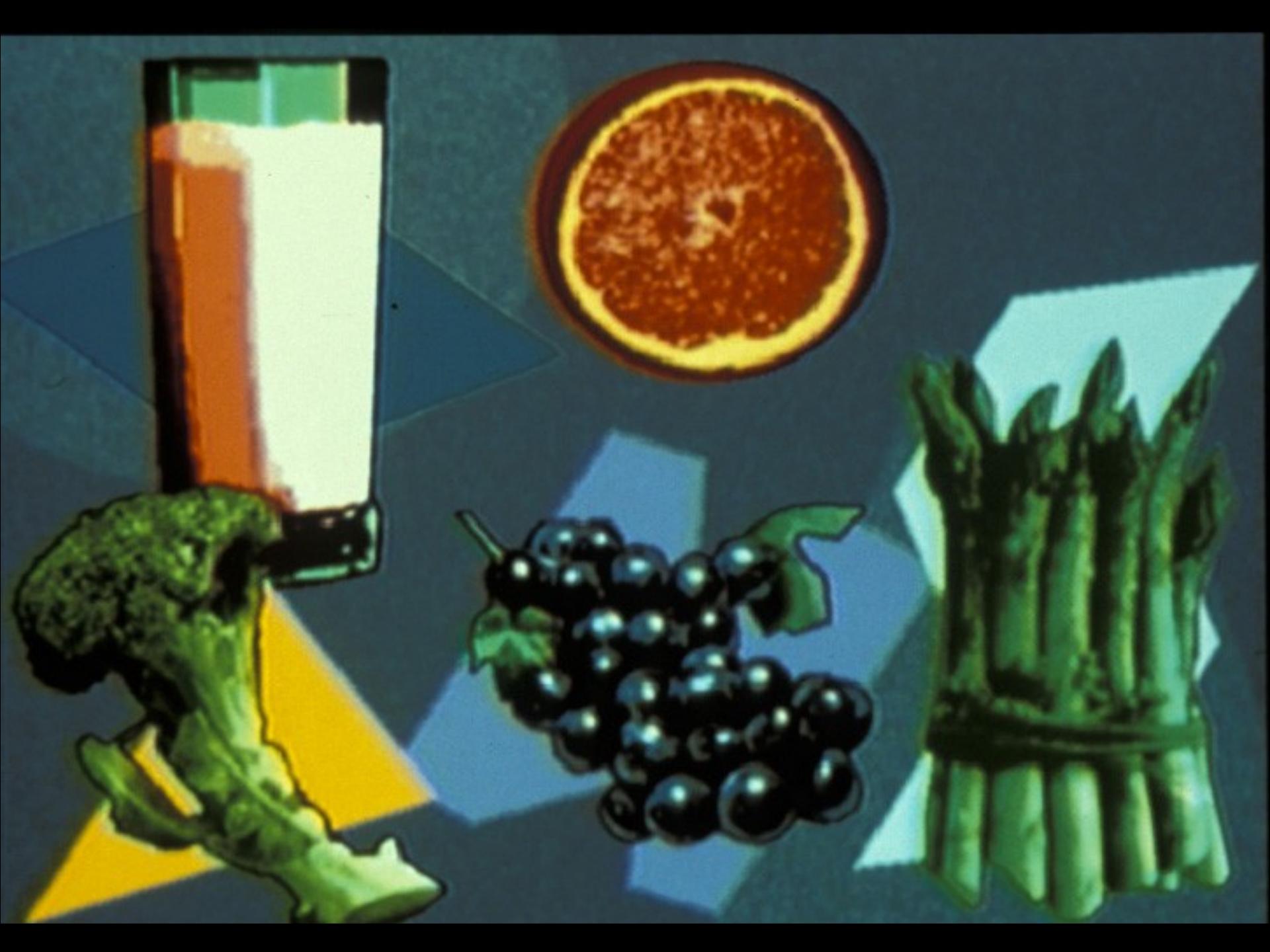


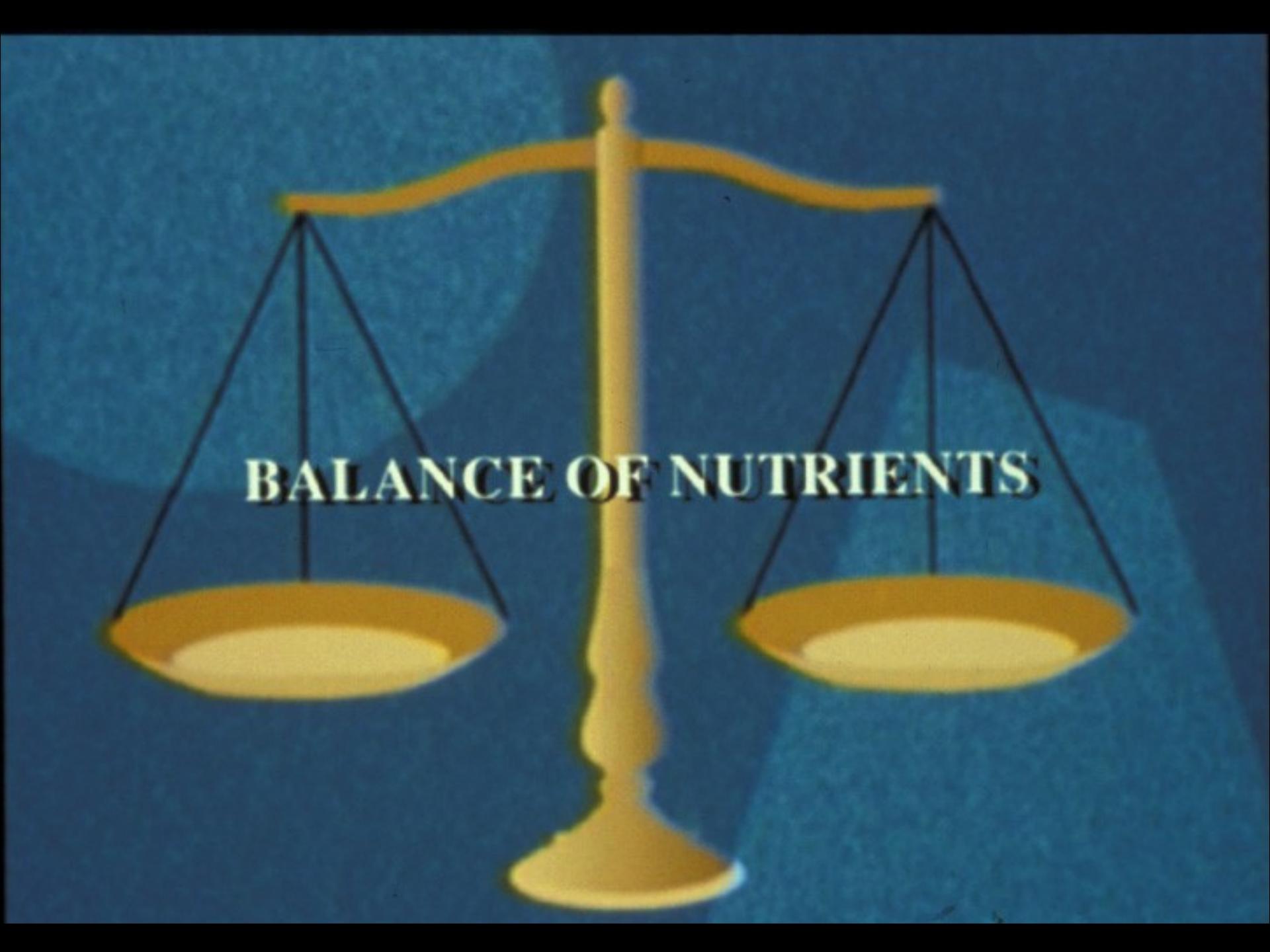












BALANCE OF NUTRIENTS

water

fat

carbohydrates

minerals

vitamins

protein







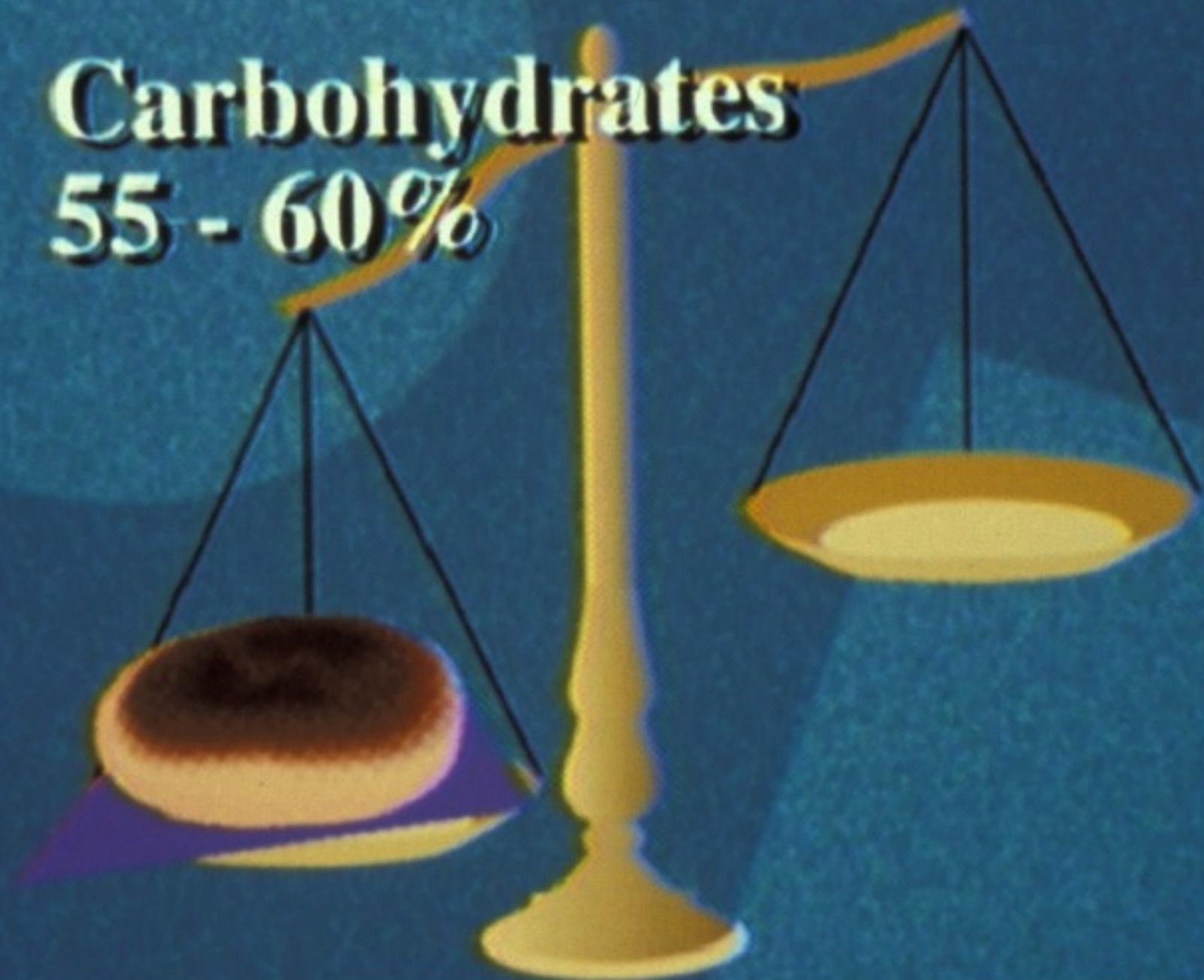


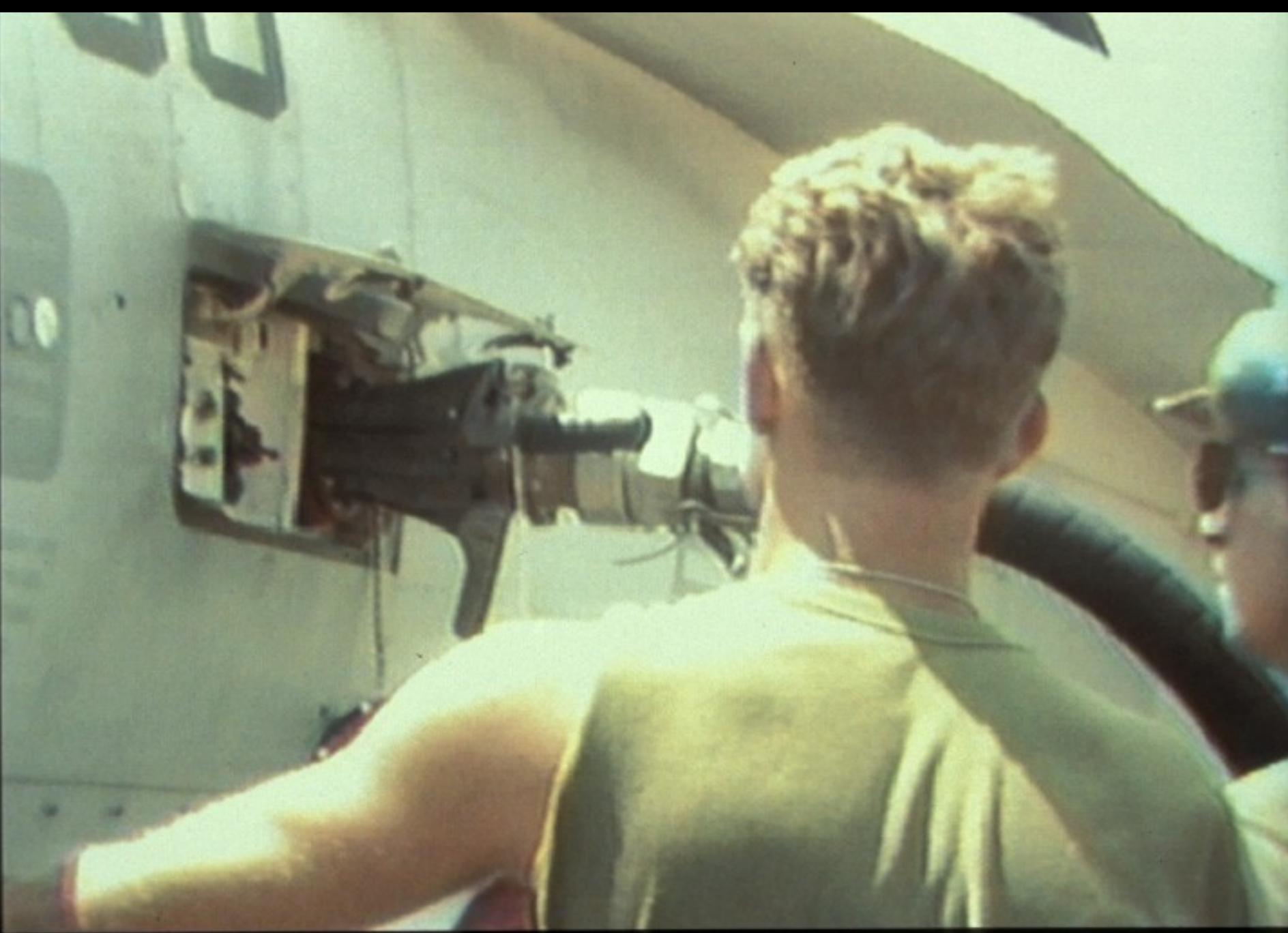


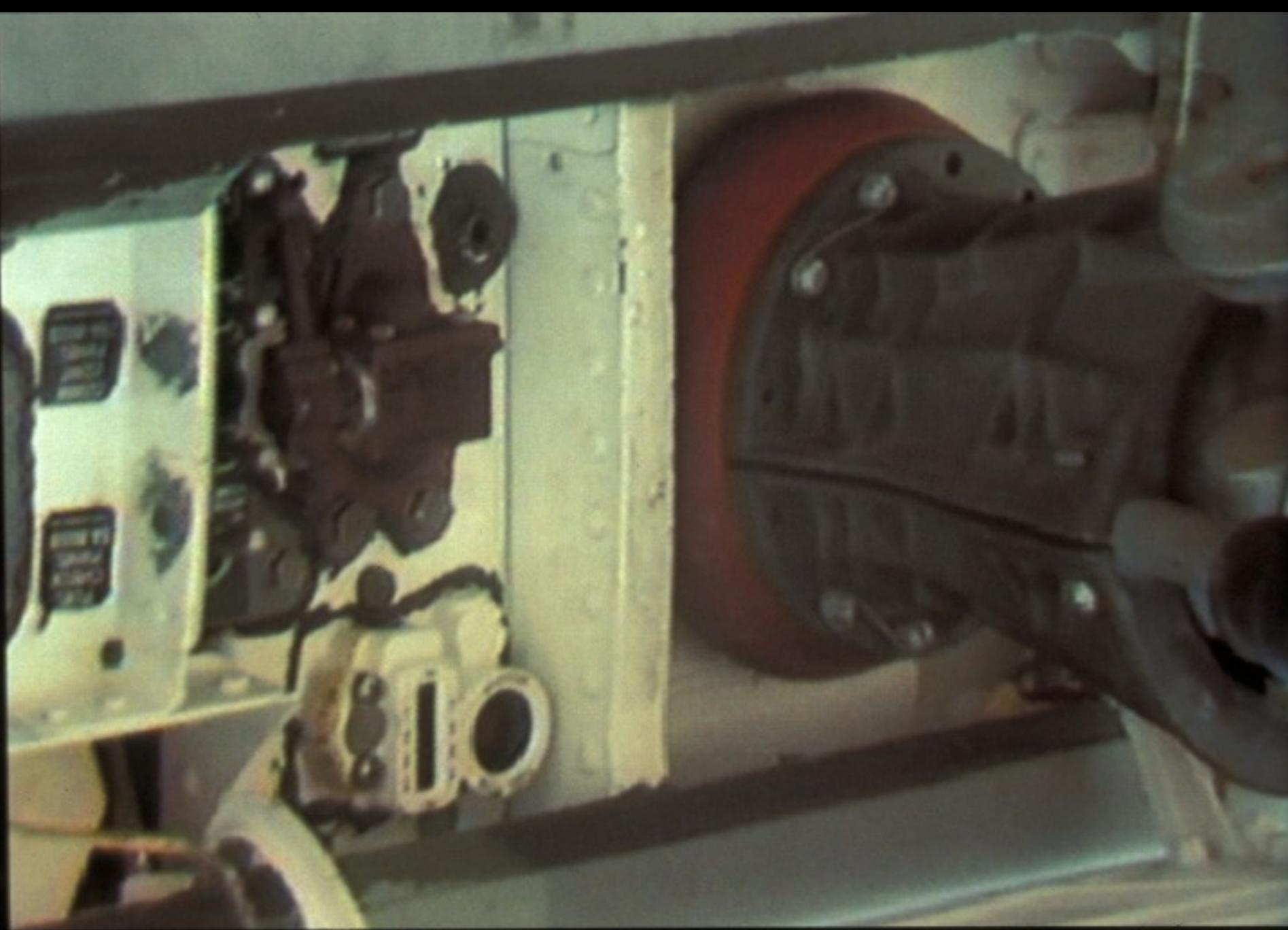


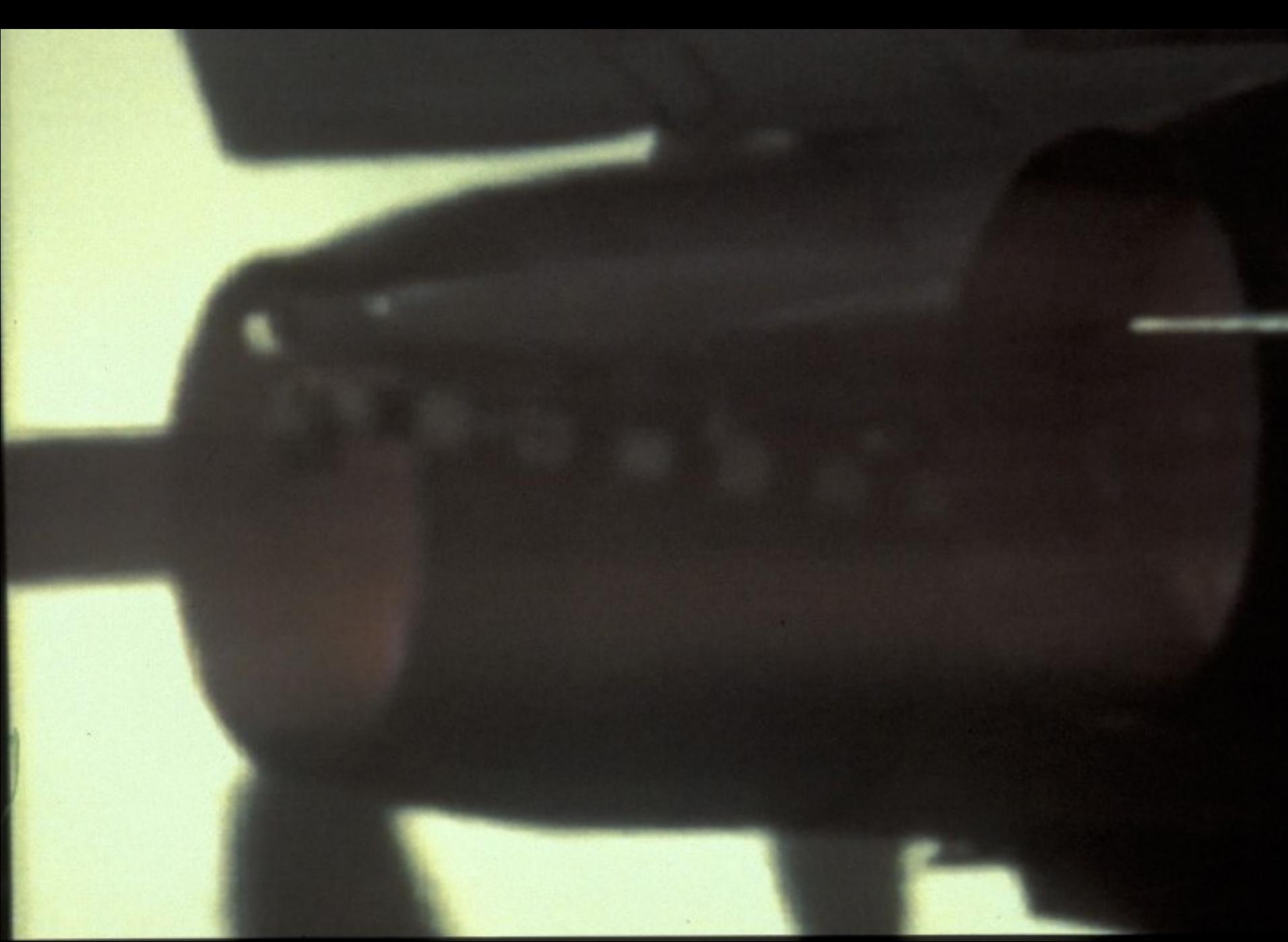
Carbohydrates

55 - 60%







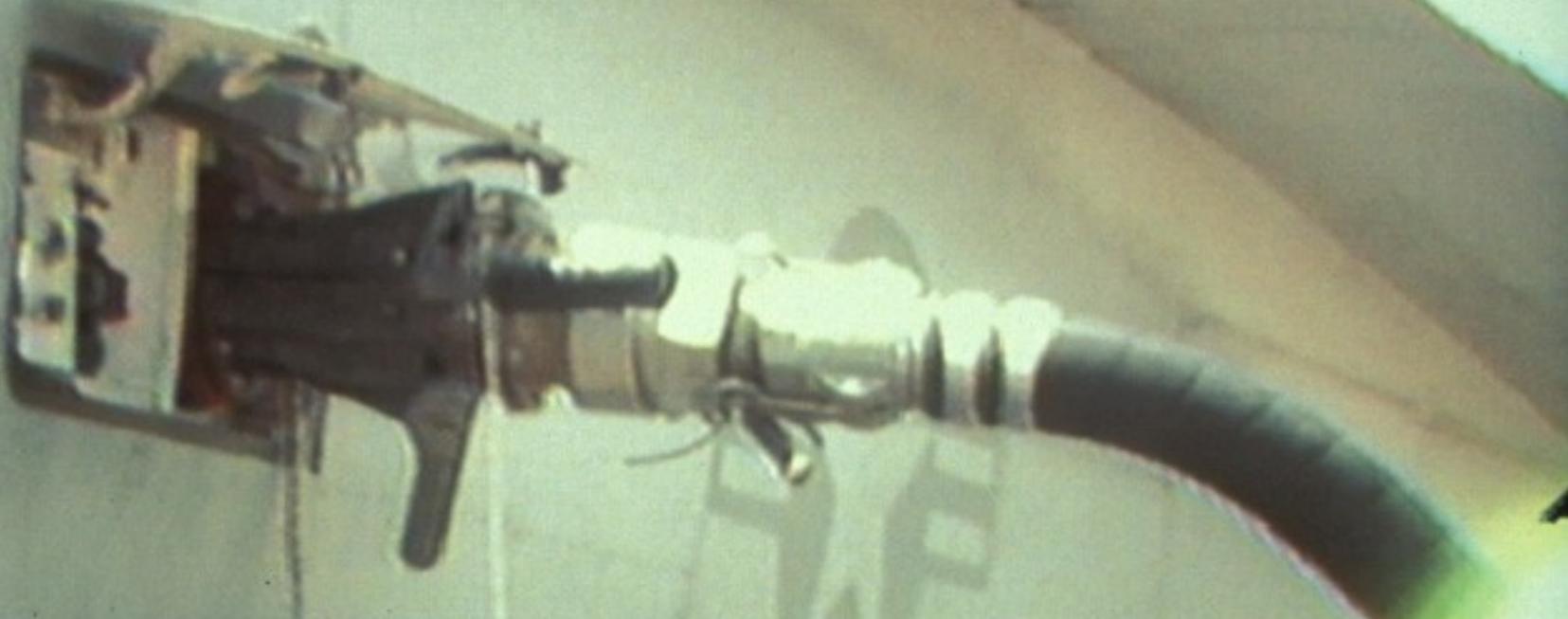








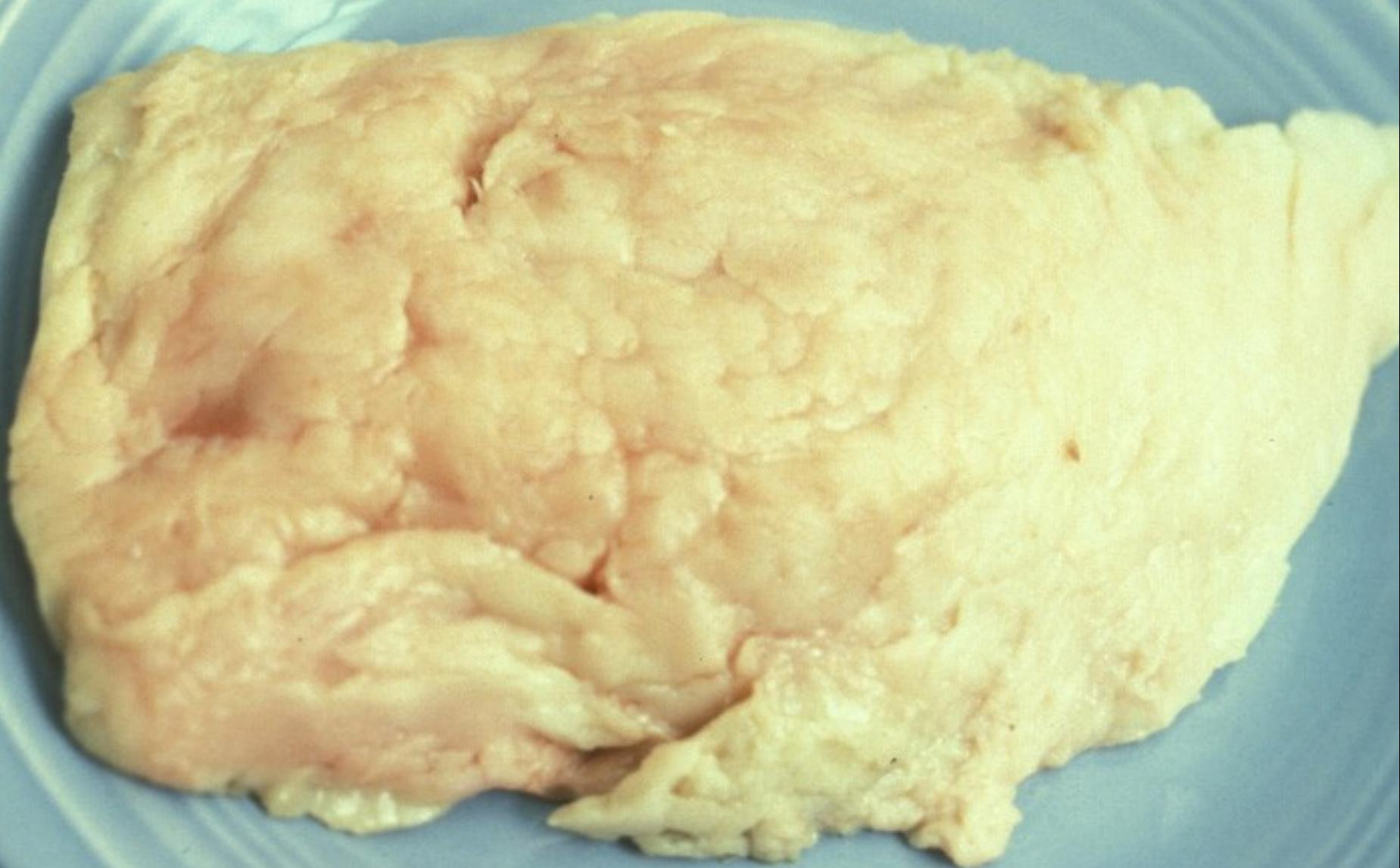












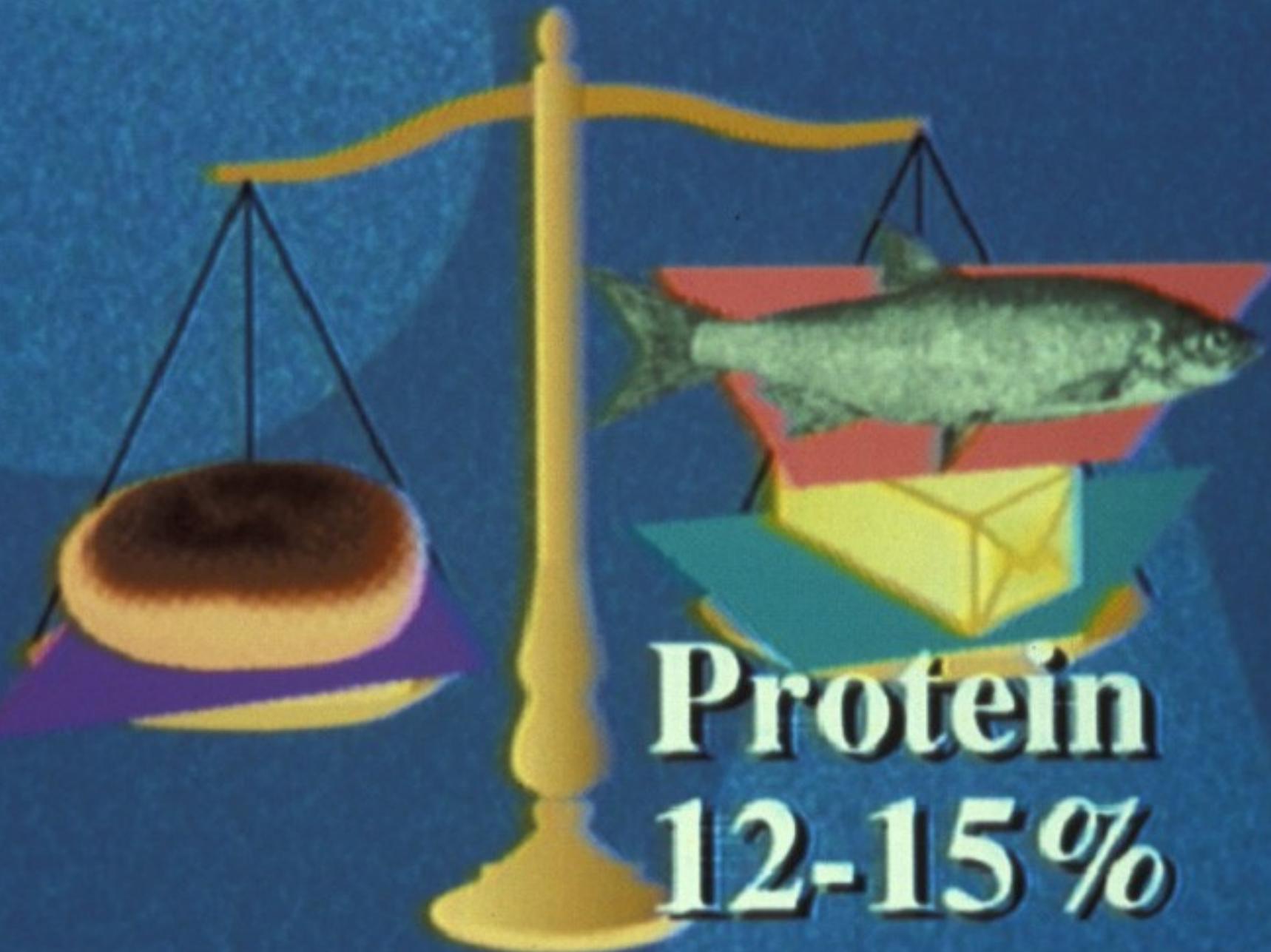
FUEL



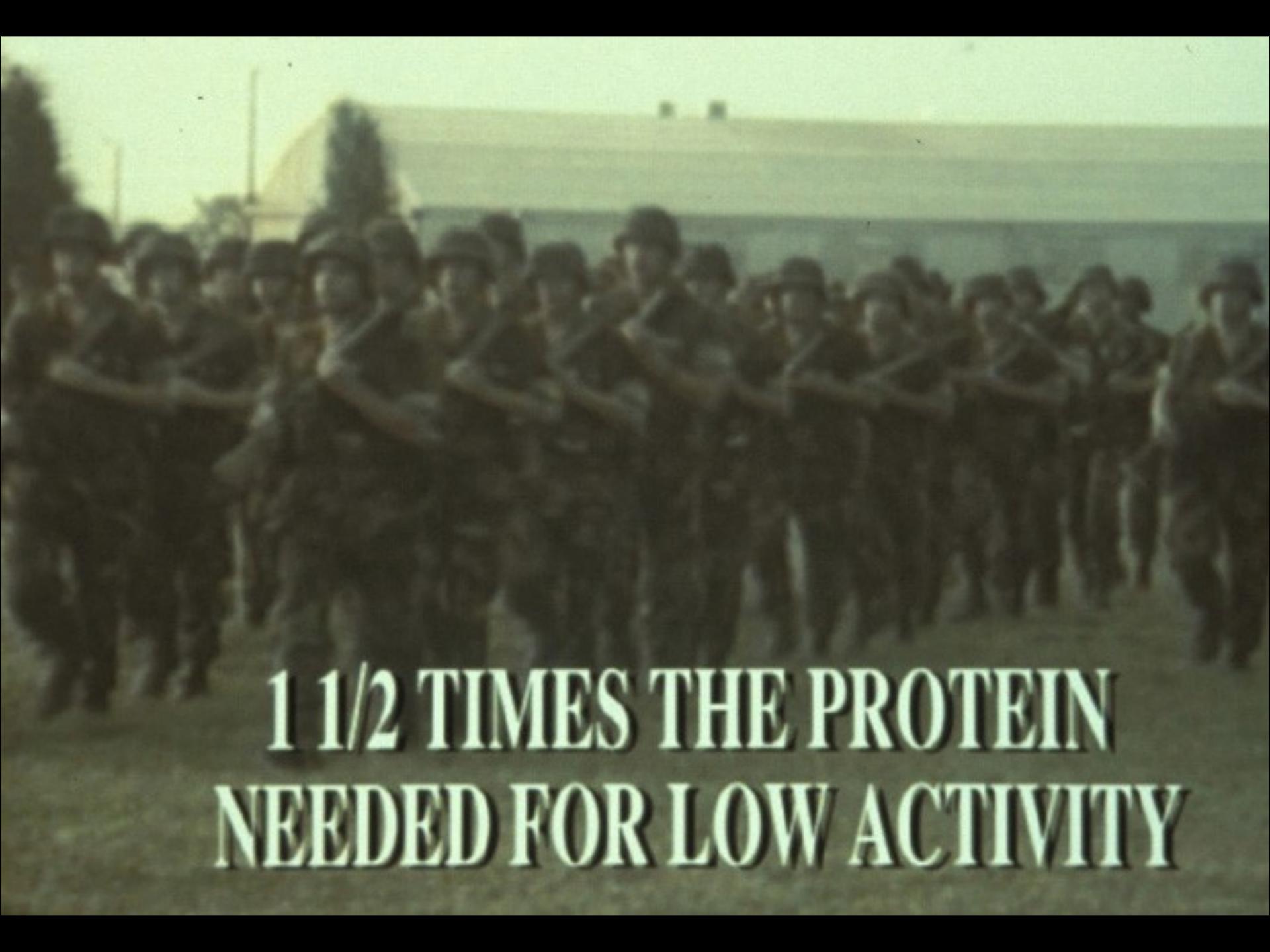
FUEL







Protein
12-15%



1 1/2 TIMES THE PROTEIN
NEEDED FOR LOW ACTIVITY



SAC





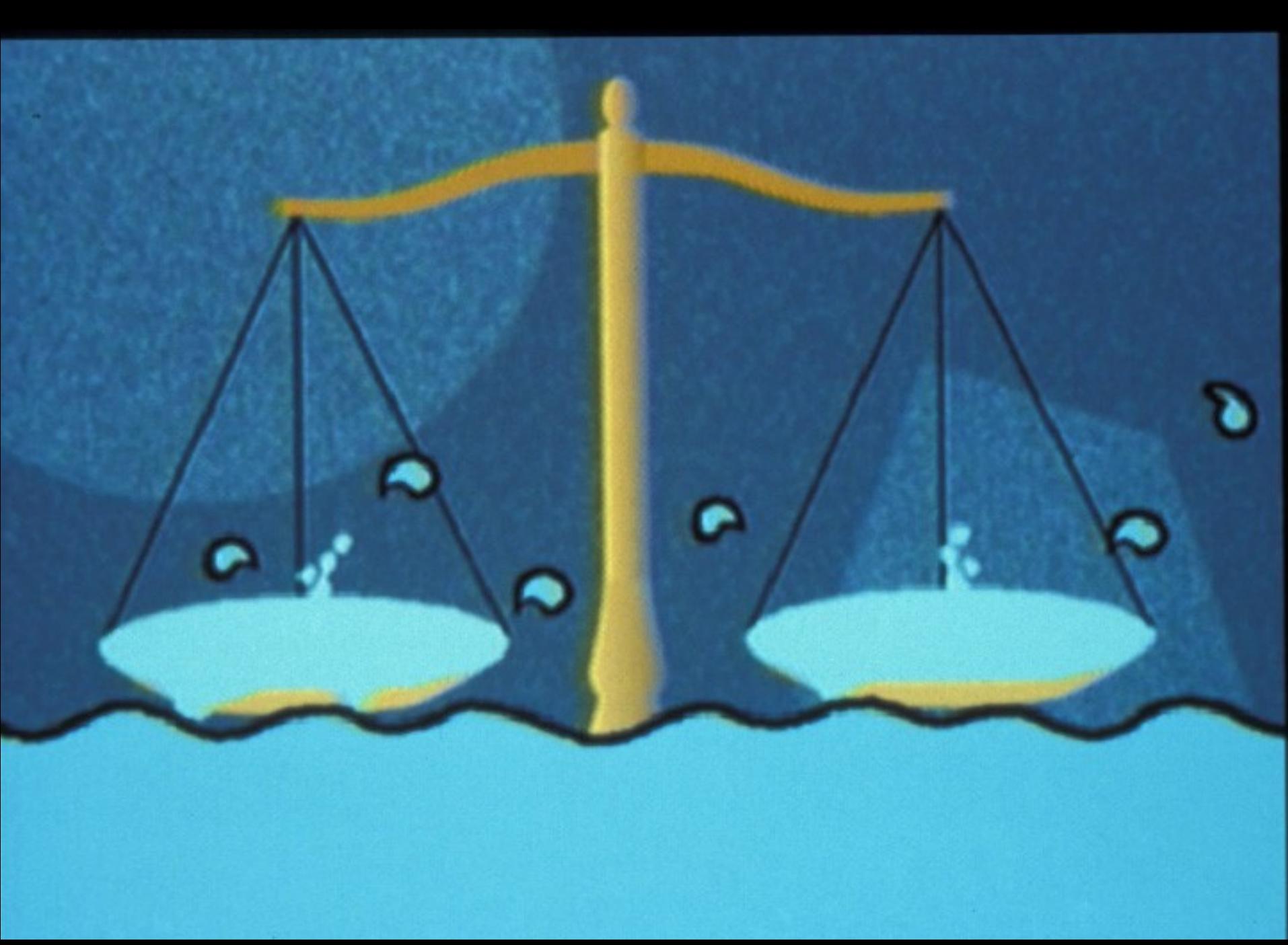


vitamins

minerals



Hood
Free
SILHOUETTE Skim Milk



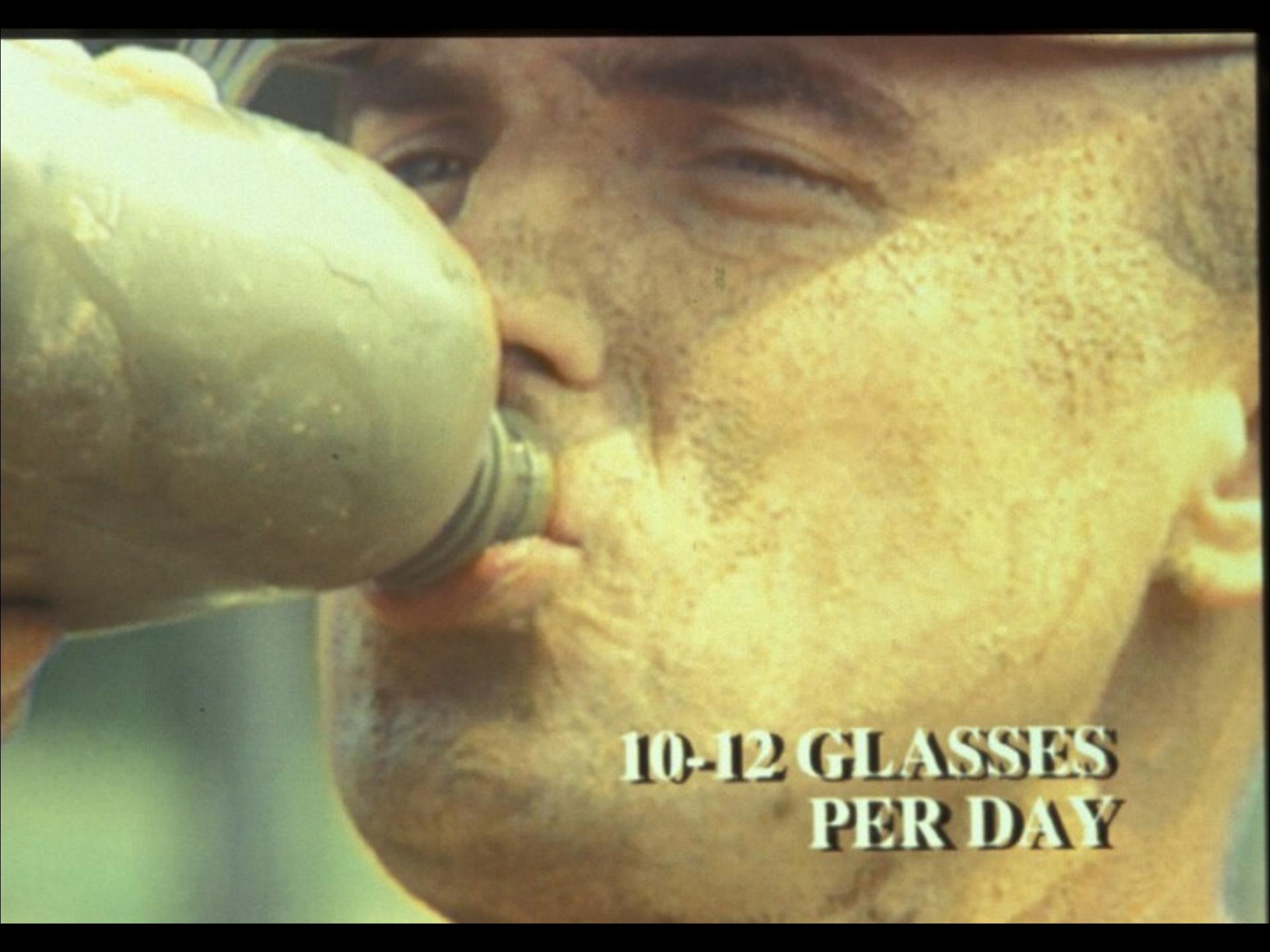


1990

1990







**10-12 GLASSES
PER DAY**

water

fat

carbohydrates

minerals

vitamins

protein









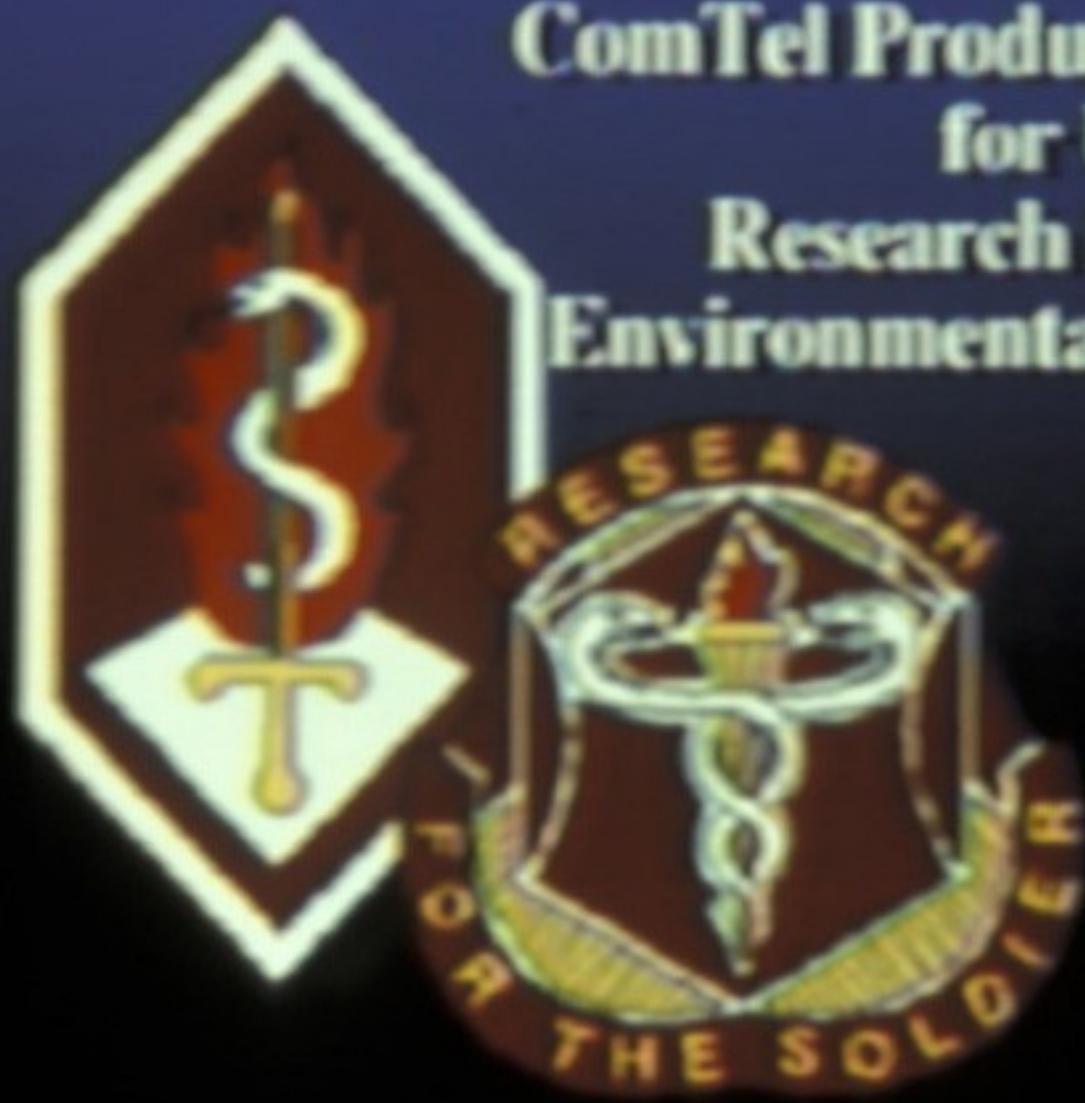




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